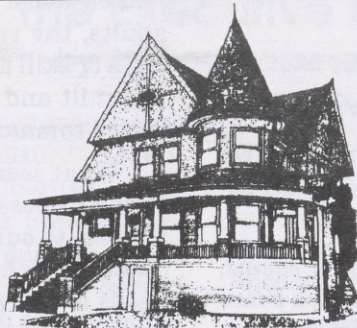


At The

Center

- Being Alive Living Room
- Women's Coming Out Group
- The Lambda Library
- Men's Coming Out Group
- Café Lambda
- Eagles (Gay Seniors Group)
- Project HEAL
- Youth AIDS/Substance Abuse Prevention




March 1995

- Being Gay Today Cable TV
- Youth Rap Group
- Lambda Players
- S.A.G.L.E.
- Youth Social Night
- Hate Crimes Reporting Project
- Youth Movie Night

20th & L, Midtown Sacramento

Joanna Cassese, Executive Director

(916) 442-0185 or 447-5755 FAX

 **Lambda Community Center**
Sacramento, CA

Heroes, Heroines...and you!

by Larry Hoover

Communities need heroes. We have ours. Some stand out as individuals and others, not quite so visible, as part of a group. These are men and women who show special courage while being put to "the test" or face an extended period of extreme stress or suffering. One such individual is Paul Starr-Fuhr. He was the first Air Force officer to be court-martialed and imprisoned for being gay.

He served only nine months of his prison term. He was released "early" for good behavior. Unbowed he reentered civilian life. He was to succeed there, just as he had in the service - where he was named "Officer of the Year in 1985." His story is told in both Mary Ann Humphrey's "My Country, My Right to Serve," and in "Conduct Unbecoming," by Randy Shilts. To honor his memory, and in a way continue his struggle, the Lambda Community Fund Board is dedicating this year's Freedom Fair to Paul...one of our heroes.

Others may not stand out as individuals, but they too are tested. They often endure much suffering; alone, and with little emotional or practical support. These are the women "heroines" living with breast cancer, which may well be called the "Other Deadly Plague." In 1994 alone, over 46,000 women died of this disease. According to the Northern California Cancer Center, "Bay Area women suffer breast cancer more frequently than women anywhere on the planet." If that isn't bad enough, research also indicates lesbians may be three times more likely to develop breast cancer.

To address this "other plague" the Lambda Board has made the development of support programs for breast cancer one of our top priorities. Needed practical and emotional support systems will be further identified and enhanced through the work begun by our HEAL Program. To help us in this work the Sacramento Men's Chorus, will donate a portion of the proceeds of their 10th Anniversary Pride Concert to HEAL.

Communities are defined by what their members do or don't do. If you would like to help either with this year's Freedom Fair, or the HEAL program, please call the Lambda Community Center at 442-0185. The receptionist will take your name and phone number, and a representative of the program you are interested in will contact you within 48 hours.

We need your ideas, energy and involvement if we are to make the 20th and L Street building a true "Community" Center.

"Freedom" Pancakes

On March 19, 1995, you have a unique opportunity to strike a blow for freedom...well sorta!

The Lambda Community Center will be sponsoring an "old fashioned" pancake breakfast at Faces. The proceeds from this event will mainly be used as "seed" money for the Freedom Fair. Helping serve the breakfast will be representative from other supportive community organizations such as Lambda Letters and Gay Sacramento Area Couples.

In addition to pancakes other traditional side dishes will be available. The gastronomic event is being coordinated by Doug Lewis and Kevin Cohee. Questions about the event may be directed to the Lambda Community Center at 442-0185.

PANCAKE BREAKFAST

Sunday, March 19, 1995

10:00 AM - 2:00 PM

FACES - 20th & K Streets

Art for Recovery

**"This living is so hard,
how could we be anything but loving."**

*on a T-Shirt at the 1995 National AIDS
Update Conference, SF*

I have just come back from another world, it seems, from the 7th National AIDS Update Conference in San Francisco, with a greater appreciation for the complexities facing us as we try to provide prevention messages and education about HIV and AIDS. In my new position, I will miss the volunteers I have been working with, but will, of course, probably see everybody more often since I am now here full time as the Health Programs Director. I will be able to pursue my interest in HIV and AIDS prevention strategies, program planning, and in developing new (and aiding existing programs such as the HEAL project) programs to address the unique, and often ignored health challenges women face.

In the next issue, I'll be including an expanded report on the Conference and some of the workshops and presentations I participated in. But for now, I have been impressed with a few of the overwhelming messages apparent: that so far most of the HIV/AIDS prevention and education efforts have been directed to a mixed audience of both positive and negative men, and that current strategies are no longer effective. We need to be, finally, focusing on the specific needs of HIV- men while not forgetting or alienating those who are positive or who are living with AIDS, for they are our greatest resource for education and hope and inspiration. We need to find ways to keep HIV negative men negative, in light of the findings that, at least in SF, over a lifetime, men there have a 1 in 2 chance of sero converting, and that while I was at the conference, the news broke that AIDS is now the number one killer for people 25-40. In some communities of color, this has been the case for a long time already.

In addition, the needs of women can not any longer be ignored. More and more lesbians are becoming infected, even though the data on this is often obscured by study methodology and the CDC's definition of lesbian: any woman not having had sexual contact with a man since 1979. And women face very unique and challenging issues whether they are HIV positive or are surviving another illness such as breast cancer, chronic fatigue syndrome, or ovarian cancer. It is my hope that the Center will begin to address some of these issues in a substantive, active way, with effective, creative, and needed programs. Please provide your feedback and your time and energy.

For everyone, the Center, as well as for all community organizations, we need to address the underlying reasons why people are still putting themselves at risk for HIV infection, whether this is because, like many youths find, they are on the streets and need to do survival sex, or less dramatically, they just don't have the self-esteem or sense of hope for the future that would motivate them to negotiate with partners for safer sex, or perhaps they just haven't been taught appropriate negotiation skills in a way that

makes sense for them to incorporate into their lives. For adults, the reasons are numerous: again, lack of self-esteem or skill at negotiating, drug use and abuse, overwhelming guilt and sadness about the extent of HIV among our entire community...the list goes on.

What seems clear is that we do need to look at being as loving as possible, in everything from our individual interactions, to our program design and implementation, as the quote so rightly suggests. This involves focusing on the needs of the whole individual, people with complex, whole lives.

Men's Focus Group: The Male Couple

The Men's Focus Group is an informal discussion group which meets at the Lambda Center. The Male Couple : How Relationships Develop will be the topic of discussion for the next few meetings. A great deal of literature exists about heterosexual relationships. From Freud to Kinsey to Dr. Ruth, from Oprah to the magazine rack at every check-out counter, writers and commentators have explored every aspect of the mysterious goings-on between men and women. Now at last some well-deserved attention has been directed to the male couple. The authors are professionals, one a physician and the other a psychologist, and themselves form a male couple of many years standing.

David McWhirter, MD and Andrew Mattison, Ph.D have made a study of 156 male couples from the San Diego area. They have identified 6 stages in the development of the male couple. Each stage is seen to roughly correspond to the years each couple has been together:

- 1) Blending - 1 year
- 2) Nesting - 2 to 3 years
- 3) Maintaining - 4 to 5 years
- 4) Building - 6 to 10 years
- 5) Releasing - 11 to 20 years
- 6) Renewing - beyond 20 years

The most important division between these stages is that the important considerations which keep couples together change as time goes by. The concerns of a couple who have only just decided to look for an apartment are very different from those of a couple who, having shared their lives with each other for many years, have established their identities in their community as a couple. While the authors look for and identify points of commonality in the couples they studied, they also make it clear that the uniqueness of each couple is as important as the points of agreement.

The Men's Focus Group began the discussion of males couples in February by looking at the first stage, Blending. Each participant brought his own perspective from previous and current relationships. Although there are 2 copies of *The Male Couple* in the Lambda Center Library, it is not necessary to have read the book to contribute to the Group. Meeting are every first and third Wednesday of every month from 7 to 8:30 pm. In March, the meeting will be the first and fifteenth. Look in the Center Bulletin for continued listings. We hope you can join us.

From The Executive Director

by Joanna Cassese

I had two wonderful experiences in the past month that I would like to share with you. I had the pleasure in January of attending the Sacramento Women's Chorus Concert at St. Francis Church. On this particular Sunday they shared the stage with the Placerville Chorus and the church was filled with the sounds of voices from these very special women. I was so impressed with the growth of our chorus and I look forward to this pleasure many times in the future.

In February I had the honor of attending the Camellia Orchestra the night the Sacramento Men's Chorus was featured. I can't even begin to tell you how beautiful this experience was. To see my friends, my gay male friends, on stage with Nan Washburn at the Westminster Presbyterian Church in a performance entitled "Courage," what a wonderful evening!

Courage is a very important word in our Community, and can take on several meanings. In some cases it's the courage to keep living even though you have been handed a death sentence. It could be the courage to say "yes" to a healthier way of life knowing you may be rejected for it. It could be the courage to fight for a program to reduce the spread of HIV even though it is incredibly controversial. And it's the courage to agree to a treatment of chemotherapy even when you know it will make you feel sicker and cause your hair to fall out. And it's the courage to tell your parents you're gay when you know you may be rejected by them.

Behind all of this courage is pride. Pride in who we were, who we are, and who we can be. It's the pride of knowing you lived your life honestly and courageously and made no excuses for who you are. It's the pride in knowing that you and your existence has made a significant difference to someone or something.

I believe it is this sense of pride that keeps us going when everyone tells us to give up. It's this sense of pride that draws people to the Lambda Center to start yet another support group. And it's this sense of pride that gives our youth the courage to walk up those steps and into a youth rap group at Lambda.

At the end of the "Courage" concert Frank Lawler from the chorus gave me a huge hug and said, "Didn't it make you proud to see your brother up there?" Yes! It made me incredibly proud to see my brothers and my sisters. We truly are "family" and thank you all for giving your Community another thing to be proud of!

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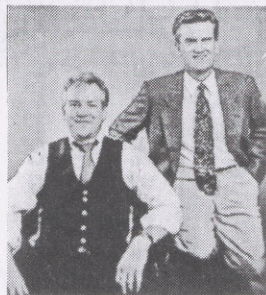
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10 Days of Pride - June 1-9

The Lambda Freedom Fair Committee, recognizing it can't represent every aspect of our community by itself, is inviting any all organizations, business and individuals to demonstrate their pride by holding events between the dates of June 1 and June 9. On the tenth day, events will culminate in the 10th Anniversary Lambda Freedom Fair. You may register your event with the Committee by April 20th by calling Doug Lewis at 725-6930 or Kevin Cohee at 456-5820. Registered events will receive free publicity in all Freedom Fair advertising and in the new Freedom Fair Calendar of events/directories.



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Date: Sunday, March 26, 1995

Time: Departs at 4:30 pm




Price: \$26.00 per ticket



*Tickets on sale at
the Lambda
Community
Center*

*\$1.00 of each
ticket sold will go
directly to the
**Lambda
Community
Center***

March 1995

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Every Friday in March, we are featuring "Women in Music." Come and enjoy your favorite women artists. Pick up flyers at the Center.</p> 			1 6:00 PM SAGLE 7:00 PM Men's Focus Group	2 2 - 5 PM Being Alive Living Room	3 5:45 PM Youth Group 8:00 PM Café Lambda	4 8:00 PM Youth Social
5 11:00 AM AA	6 5:30 PM Men's Coming Out Group 6:30 PM Youth Advisory Committee	7 6:30 PM Women's Youth 7:30 PM AA	8 6:30 PM Men of Color Support Group	9 2 - 5 PM Being Alive Living Room	10 5:45 PM Youth Group 8:00 PM Café Lambda	11 8:00 PM Youth Social
12 11:00 AM AA 6:30 PM Gay Fathers of Sacramento	13 5:30 PM Men's Coming Out Group 6:00 PM Volunteer Orientation - Library 6:30 PM Freedom Fair Committee	14 6:30 PM Women's Youth 7:30 PM AA	15 6:30 PM Board of Directors 7:00 PM Men's Focus Group	16 2 - 5 PM Being Alive Living Room	17 5:45 PM Youth Group 8:00 PM Café Lambda	18 8:00 PM Youth Social
19 10 AM - 2 PM Pancake Breakfast at FACES 11:00 AM AA	20 5:30 PM Men's Coming Out Group	21 6:30 PM Women's Youth 7:30 PM AA	22 6:30 PM Men of Color Support Group	23 2 - 5 PM Being Alive Living Room	24 5:45 PM Youth Group 8:00 PM Café Lambda	25 9 AM - 4:30 PM Traffic School 8:00 PM Youth Social
26 11:00 AM AA 4:30 PM Happy Hour Cruise 	27 5:30 PM Men's Coming Out Group 6:30 PM Freedom Fair Committee	28 6:30 PM Women's Youth 7:30 PM AA	29	30 2 - 5 PM Being Alive Living Room	31 5:45 PM Youth Group 8:00 PM Café Lambda	

TV THIS MONTH

with Gay/Lesbian
Bisexual content

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Thursday 10 PM; repeated Friday 4 PM & Saturday 10 AM

If you'd like to participate as guest or as a crew member,
call Ron Hatch at 392-7025 or Andross at 863-3425.

Is There Life Without Volunteers?

by Rhonda Johnson

In regards to the Lambda Community Center, this question would be answered with a simple, yet definite, "NO". Volunteers are the force behind, in front of, and inside the Lambda Center.

I would like to take this time to introduce myself. My name is Rhonda Johnson and I will be your new Volunteer Coordinator. For the past two years I have worked at Planned Parenthood as a Health Educator. In that position, I completed a variety of tasks, such as; HIV/AIDS testing and counseling, and education on Sexually Transmitted Diseases, pregnancy options counseling (yes, I am Pro Choice), and I coordinated the sterilization program. Previous to working at Planned Parenthood, I worked at the Child and Family Institute - a treatment center for children who have been sexually abused, first as a volunteer, later as the Volunteer Coordinator.

As I stated above, the Lambda Community Center functions almost entirely on Volunteer efforts and donations. That is why I find it extremely important that each and every one of you know that you are an essential part in the effective operation of the community. My hope is to have a volunteer program that is successful in fulfilling the center's needs, while being a supportive, fun, and nurturing environment in which to work.

There will be a Volunteer Orientation meeting on Monday, March 13th at 6:00 pm here at the center. This meeting will be for new and existing volunteers, where I'll be able to introduce myself more fully, and talk about some problems and concerns or obstacles you've faced in your time with the center. I would like to encourage all of you to set some time aside and come volunteer at the Lambda Cen-

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BEA BETZNER, M.A., M.F.C.C.

Psychotherapist
MFC #30303

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ter. We offer a variety of jobs. Some of which include:

- * library assistant and general office help
- * women and men to help organize and then volunteer with H.E.A.L., either providing direct services to clients facing illness, doing outreach to care-providers, or facilitating support groups for families and clients
- * support group facilitators for women (general issues), domestic violence, and for support and social groups for lesbian and gay parents
- * HIV/AIDS education prevention Outreach Worker
- * research assistants (mostly health and social issues)
- * people (social work / community organizer types) who would like to help put together detailed information, referral, and resource guides for use at the Center

I would like to make a special thanks to Lance, Mark, Danny, Roy and Robert, for spending some extra time working with me, introducing themselves, and just making me feel like part of the "family" here at the Lambda Center.

Please feel free to stop by, pick up an application, and talk with me about the next volunteer orientation.

If you elect to become a monthly contributor, check the "monthly" box and we'll send you a convenient payment book and a supply of return envelopes. If you choose to have your credit card billed on a monthly basis, a receipt will be sent to you every month.

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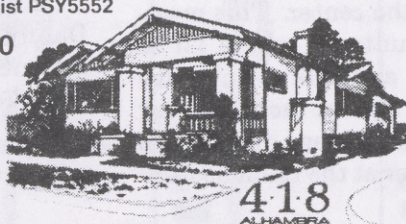
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